

# The Decatur Park and Recreation Department And the River City Runners present the Spirit of America Run 2009

## 5 mile and 1 Mile Fun Run/Walk Saturday June 27<sup>th</sup>, 2009

Point Mallard Park, Decatur, AL

### 5 Mile Information :

- Starts on soccer field grass, moves to pavement, and finishes the **last 2.7 miles on the shaded Point Mallard running path which winds along the Tennessee River.** Note: Course is not certified
- Age and gender adjusted start!** To level the playing field and give everyone an equal chance to win, you will start in a wave based on your age and gender. Handicaps within a gender are based on 2006 WMA (World Masters Association) age grade tables. The male and female differential of five minutes is based on 2008 Spirit Run results.
- Start Time – 7:00 AM for 1<sup>st</sup> group and groups following every minute until 7:30 AM. See table at right.
- Results will be published on our website in finish order and then also by actual running time. **Chip timing** will be used.
- Runners will be asked to stay to the right and run single file on the trail to aid in passing.
- Pre-Registration by mail - \$10 until 6/10, \$12 thereafter
- Race Day registration fee - \$15 (starts at 6am)
- All entry fees are non-refundable
- Awards:
  - Top 15 finishers of each gender will receive awards at finish line
  - Fastest male and female based on actual running time will receive awards as well.
  - No awards ceremony.

### 1 Mile Fun Run/Walk Information:

- Race will start upon conclusion of the 5 mile race. (No earlier than 8:30am)
- 100% Grass. Note: Course is not certified
- No fee although you must register and get a race number to participate.
- Event will be timed and results will be published on [www.rivercityrunners.org](http://www.rivercityrunners.org) . Ribbons and other awards to the first 50 finishers. No shirt. Extra shirts may be available for purchase.

START	MALE	FEMALE
7:00 AM	89+	79+
7:01 AM	88	78
7:02 AM		77
7:03 AM	87	76
7:04 AM		75
7:05 AM	86	74
7:06 AM		73
7:07 AM	85	72
7:08 AM	84	71
7:09 AM		69-70
7:10 AM	83	68
7:11 AM	82	67
7:12 AM	81	65-66
7:13 AM	80	5&Under, 64
7:14 AM	79	62-63
7:15 AM	78	6, 60-61
7:16 AM	5&Under, 77	58-59
7:17 AM	76	7, 57
7:18 AM	6, 74-75	8, 55-56
7:19 AM	72-73	9, 53-54
7:20 AM	7, 70-71	10, 50-52
7:21 AM	67-69	11, 48-49
7:22 AM	8, 64-66	12, 46-47
7:23 AM	9, 61-63	13-14, 42-45
7:24 AM	10, 57-60	15-17, 37-41
7:25 AM	11, 53-56	18-36
7:26 AM	12, 49-52	
7:27 AM	13-14, 45-48	
7:28 AM	15-16, 40-44	
7:29 AM	17-19, 35-39	
7:30 AM	20-34	

### General Information

- Post Race Refreshments- Pepsi, Gatorade, Cookies, etc...
- T-Shirt guaranteed for first 200 registrants. You must pre-register by 6/10 to guarantee size.
- For safety, bicycles, strollers, and pets are prohibited on race course.
- For information contact: Jon and Kelly Elmore ([elmoreall4@aol.com](mailto:elmoreall4@aol.com)). [www.rivercityrunners.org](http://www.rivercityrunners.org)



## Spirit of America Run 2009 Entry Form

Name: \_\_\_\_\_ Age (on 6/27/09): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ T-Shirt Size S M L XL XXL

Email \_\_\_\_\_ Phone : \_\_\_\_\_

Race 5 mile (\$10 postmark before 6/10) \_\_\_\_\_ Fun Run (FREE) \_\_\_\_\_ Fee enclosed \$ \_\_\_\_\_  
(\$12 after 6/10 by mail)  
(\$15 on Race day)

Checks payable to: River City Runners

MAIL TO: Jon Elmore 3428 Tanglewood Dr SW , Decatur, AL 35603

I certify that I have decided to participate in the 5 mile and/or the 1 mile Fun Run/Walk with the full knowledge that being physically fit and sufficiently trained is necessary to prevent injury to myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against River City Runners, Inc., Decatur Park and Recreation Department, Spirit of America Run, and their employees, agents, or representatives, arising out of my participation in either the 5 or 1 mile Fun Run/Walk. I acknowledge that the trail surface may be uneven and contain exposed roots.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian should sign if runner is under 19 years old)

